



# GET FIT in the Civic Area

Summer session runs Saturday, June 4 – Friday, August 27

## FREE Outdoor health and fitness classes!

The City of Boulder has partnered with local dance and fitness organizations to offer “Get Fit,” a series of outdoor health and fitness classes in the Civic Area.

The Parks and Recreation Department is proud to promote wellness by connecting residents to free fitness programs in the Civic Area.

**MONDAYS**



**FRIDAYS**



**SATURDAYS**



For more information visit [FitBoulder.org](http://FitBoulder.org)

## **Mondays**

**7 p.m. – 9 p.m.**

Civic Area Bandshell

### **Bandshell Boogie**

by FreeMotion – The Movement Center

Start your week of right! The wildly popular Movement Mondays, a local fun and friendly DJ'd dance gathering, is moving outdoors for the summer! The weekly event is casual, kid-friendly, and the dance floor is always a rockin' good time! Each evening will be mixed by popular local DJ's who mix music from many genres, including ecstatic, disco, funk, soul, club and pop. Whether you stay for 20 minutes or the whole 2 hours, feel free to dance, meet new friends or simply sit back and absorb all the positive energy!

FREEMOTION   
the movement center

## **Fridays**

**7:30 a.m. – 8:30 a.m.**

Civic Area Library Lawn

### **Sunrise Vinyasa Yoga Class**

by Wander Yoga

Join Wander Yoga, owner Nikki Williams, for an all-levels vinyasa yoga class structured to challenge you both mentally and physically to find balance in your busy life. A rejuvenating class to help you let go of your week through poses that stretch, open, lengthen and relax you. Please bring your yoga mat, water and sunscreen. All levels welcome.

 WANDER YOGA

## **Saturdays**

**8:30 a.m. – 9:30 a.m.**

Civic Area Bandshell

### **Bandshell Bootcamp**

by Fitness for Living

Jump-start your weekend and join Fitness for Living for a heart-pumping boot camp-style adventure. Participate in a fun and often wacky workout that was featured on NBC's Today Show. This all-abilities class will include a bit of everything from running and jumping to lifting and crunching to create an experience that will bring sweat to the brow and a smile to your face. Yoga mat and sunscreen recommended.

**Fitness  
For Living**  
BOOT CAMPS

For more information visit **FitBoulder.org**